

Emergencies 911
(24-hour life-threatening)

Baby Your Baby

Hotline 1-800-826-9662

A resource to answer your questions and locate the services you and your family may need before, during and after pregnancy. If you don't find what you need on this list, call Monday - Friday, 8 a.m. - 5 p.m.; leave a message after hours.

Baby Watch/Early Intervention

Hotline 1-800-829-8200

Utah's network of services for children birth to three years of age with developmental delay or disabilities.

Bereaved Parent Support Services

Caring Connections (801) 585-9522

Support groups and educational materials for people experiencing a loss of a loved one.

Compassionate Friends (801) 265-3623

Support group for parents or caregivers who have lost a child to death. www.tcfslcut.com

Share Parents of Utah (801) 272-5355

A support group for families experiencing a pregnancy loss or infant death.

Sudden Infant Death Program-Utah Dept. of Health

Referral, professional and public info (801) 538-9970
Statewide toll free 1-800-826-9662

Birth Control and Family Planning

Planned Parenthood Facts of Life Line

Toll Free: 1-800-344-4134 (801) 364-CALL

Confidential prerecorded messages about family planning, sexuality, and reproductive health.

For more information about family planning services in your area, call your Local Health Department. See *listings on the back of this resource guide*.

Birth and Death Certificates

Info Line (801) 538-6105

Child Abuse/Neglect

Hotline (statewide toll free 24-hour) 1-800-678-9399

Child Care

Mountain Region Child Care Resource and Referral

1-800-952-8220

Office of Child Care/Workforce Svs. 1-800-622-7390

Utah Community Resources

Disability Information

Access Utah 1-800-333-UTAH

Info, referrals and services for people with disabilities.

Domestic Abuse/Violence Information

Referrals for shelters, counseling, etc. 1-800-897-LINK

Family Assistance

Food and clothing for baby, mother or other family members, call the Baby Your Baby Hotline for a referral to a location in your area. 1-800-826-9662

Food Stamps/Workforce Services (801) 468-0000

Call for office nearest you or look in the white or blue pages of your Utah local phonebook under *State Government, Workforce Services*.

Women, Infants, and Children (WIC) 877-WIC-KIDS

A supplemental nutrition program for eligible women, infants, and children.

Financial Counseling

Consumer Credit Counseling (801) 566-0800

Health Information

National Women's Health InfoCenter

www.4woman.gov 1-800-994-WOMAN

Utah Health Line 1-800-472-4716

Find out about where you can obtain health care (immunizations, flu shots, prenatal and well-baby care, etc.)

Health Insurance

Children's Health Insurance Program (CHIP)

1-888-222-2542

Affordable health insurance for working families that earn too much for Medicaid and have children under 19.

Medicaid Eligibility 1-800-662-9651

Unemployment Insurance Program 1-888-848-0688

HIV/AIDS Information & Referral

HIV Hotline 1-800-537-1046

Utah AIDS Foundation 1-800-366-2437

Immunizations

Hotline 1-800-275-0659

Poison Control (801) 581-2151
Statewide toll free 1-800-456-7707

Information

Information and Referral Center

Davis County (801) 497-9111 S.L. Lake (801) 978-3333
Utah County (801) 374-6400

For details about additional resources in your area on topics such as abuse, adolescents, grief/loss of loved one, divorce, health, parenting, and substance abuse.

Legal Information/Consultation

Disability Law Center (801) 363-1347

Legal aid for persons with disabilities.

Legal Aid Society (801) 328 8849

Family Law. Fee based on ability to pay.

Utah Legal Services (801) 328-8891

Counsel and referral.

Mental Health

Utah Department of Human Services (801) 538-4270

Mental health information and referral.

Valley Mental Health (801) 483-4444

24 hour crisis line

Pregnancy Information

Baby Your Baby Hotline 1-800-826-9662

Provides referrals for prenatal & child health care, and other services for pregnant women and their families.

Catholic Community Services (801) 977-9119

Adoption and pregnancy counseling, immigration and refugee resettlement and other family services.

Children's Service Society

(801) 355-7444 Toll free: 1-800-839-7444

Pregnancy counseling, parenting advocacy, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay.

LDS Family Services 1-800-537-2229

Free pregnancy counseling, adoption services, and foster care for mothers & families of all denominations.

Pregnancy Risk Line 1-800-822-2229

Provides accurate and current information about the effects of environmental exposures, including medications and herbs, on pregnancy and breastfeeding.

Rape/Sexual Assault

Hotline 1-888-421-1100

Sexually-Transmitted Infections (STI)

National CDC STI Hotline 1-800-227-8922

Planned Parenthood 1-800-230-7526

Smoking Cessation

American Cancer Society 1-800-227-2345

American Lung Association 1-800-LUNG-USA

Utah Dept. of Health Tobacco Program

1-888-567-8788

For more information about smoking cessation programs in your area, call your Local Health Department. *See listings on the back of this resource guide.*

Substance Abuse Counseling & Referral

Utah Alcoholism Foundation 1-800-258-4042

Utah Dept. of Human Services/Division of Substance Abuse

1-800-825-1992

Find out about substance abuse programs in your area.

Support Groups

Asian Association (801) 486-5987

Provides services such as tutoring, language classes, translation, cultural activities, and family counseling to Asian Americans and Pacific Islanders.

Centro de la Familia de Utah (801) 521-4473

Assistance for people of Latino descent. Parenting classes for new or soon-to-be mothers and fathers.

Greenbacks Bringing Hope Foundation

(801) 977-7764

Assistance and mentoring for single mothers.

Indian Walk-In Center (801) 486-4877

Assistance for Native Americans.

International Rescue Committee (801) 328-1091

Refugee assistance.

National Association for the Advancement of Colored People (N.A.A.C.P.)

(801) 250-5088

Pacific Resource Center (801) 957-1843

Resources and assistance for Pacific Islanders.

Local Health Departments

Bear River Health Dept. (435) 752-3730

655 East 1300 North
Logan, UT 84341

Central Utah Public Health Dept. (435) 896-5452

70 Westview Drive
Richfield, UT 84701

Davis County Health Dept. (801) 451-3242

Courthouse Annex
50 E. State St./PO Box 618
Farmington, UT 84025

Salt Lake City/County Health Dept. (801) 468-2700

2001 S. State St.
Salt Lake City, UT 84190

Southeastern Utah Dist. Health Dept. (435) 637-3671

28 S. 1st E./PO Box 800
Price, UT 84501

Southwest Utah Public Health Dept. (435) 673-3528

285 W. Tabernacle
St. George, UT 84770

Summit County Public Health Dept. (435) 336-3222

85 N. 50 E./PO Box 128
Coalville, UT 84017

Tooele County Health Dept. (435) 843-2300

151 N. Main St.
Tooele, UT 84074

Tricounty Health Dept. (435) 781-5475

147 E. Main St.
Vernal, UT 84078

Utah County Health Dept. (801) 370-8700

589 S. State St.
Provo, UT 84606

Wasatch City/County Health Dept. (435) 654-2700

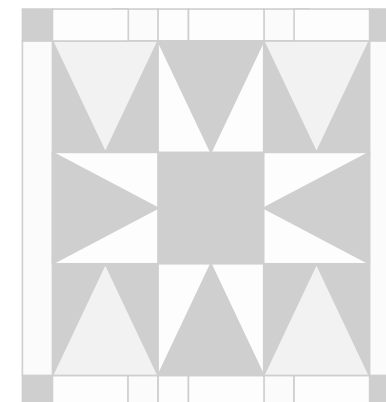
805 W. 100 S./PO Box 246
Heber City, UT 84032

Weber-Morgan Health Dept. (801) 399-8433

2570 Grant Ave.
Ogden, UT 84401

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288 N. 1460 W./P.O. Box 142001
Salt Lake City, Utah 84114-2001
(801) 538-9970 www.utahrhp.org

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Utah Community Resources

To Help You and Your Family
During and After Pregnancy